

18. The method of claim **17** wherein positioning the first and second coils comprises positioning first and second loop shaped coils.

19. The method of claim **17** wherein positioning the field member comprises positioning the field member comprising a third mass between the first and second masses and having a reduced width relative to the first and second masses

20. The method of claim **19** wherein the at least one permanent magnet comprises a plurality of permanent magnets positioned on each side of the third mass.

21. The method of claim **17** further comprising coupling first and second mechanical bearings to be carried by the first and second masses and to slidably receive the first and second shafts.

* * * * *